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HALIFAX

'Still a long way to go'

On anti-racism day, pastor, police admit more change needed here in Halifax

Home is where the wins are

Mooseheads down Islanders twice at Metro Centre to open QMJHLplayoffs

THE END OF THE NORTH AS WE KNOW IT?

AS POLAR ICE MELTS TERRITORIAL DISPUTÉS HEAT UP PAGE 13



Share new music first





Halifax Rainmen's Olumuyiwa Famutimi, left, yells as he tries to out-manoeuvre the Island Storm's Dwayne Smith during National Basketball League of Canada playoff action at the Halifax Metro Centre on Sunday afternoon. The Rainmen won 108-104 to even the bestof-seven division final series 2-2, with Game 5 Monday night in Charlottetown. Story, page 22. JEFF HARPER/METRO

A spring snow blast?

Such a long winter.

Environment Canada says major system set to strike Wednesday

PAYNTER

While Environment Canada says it's too early to predict the amount of snow we should expect on Wednesday, one thing seems certain — it's going to be

Environment Canada Meteorologist Jean-Marc Couturier said Sunday we can expect significant snowfall and wind throughout the day Wednesday before the storm passes on to Newfoundland and Labrador on Thursday.

A special weather statement was issued for a majority of the province on Saturday in the wake of the expected mid-week

Environment Canada has yet to forecast how much snow we're getting, but The Weather

"It will be one of the strongest for sure (this winter)."

Meteorologist Jean-Marc Couturier, about the strength of the forecasted storm.

Network is calling for up to 35 centimetres during the day Wednesday.

Besides the snow, wind gusts of between 35 and 50 kilometres per hour are also expected, which could result in white-out conditions.

The pending storm was the talk of many in the city streets on Sunday.

"It doesn't really bother me; it'll get to be spring eventually," Halifax resident Judy Caswell said on Spring Garden Road.

John Haikings, also in the downtown core Sunday, says he's ready to embrace spring with open arms, and hopes this potential storm will be the last.

"We've all had enough of winter," he said. "I don't remember a winter that's lasted so long.'



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Making the trip

NDP politicians take a train ride to promote rail service

Several NDP politicians took the train to Ottawa from Halifax on Sunday to promote passenger rail service in eastern Canada and to push the federal government to save a vital New Brunswick line.

MPs Robert Chisholm, Megan Leslie, Peter Stoffer and Philip Toone started their 1,500 kilometre journey at the Via Rail station in Halifax on Sunday morning, with stops planned in New Brunswick and Quebec.

They're making the trip after CN Rail announced it plans to abandon a 70-kilometre stretch of track between Miramichi and Bathurst in New Brunswick because it no longer carries freight on the line. Via Rail has said it can't afford to buy or maintain the line.

Chisholm said without federal help, he's worried communities east of Quebec will lose the already reduced service Via Rail provides in the region.

"It's going to have a detrimental impact on the ability of people in northeastern New Brunswick to use that line," said Chisholm in an interview. "But we're increasingly concerned that it's going to further result in a deterioration of service."

Chisholm said \$10 million is needed to maintain the New Brunswick rail line, and Ottawa should provide the funding.

THE CANADIAN PRESS



Cornwallis Street Baptist Church Pastor Rev. Rhonda Britton leads Halifax Regional Police officers, including Chief Jean-Michel Blais, centre, as well as the rest of the congregation in a hymn on Sunday. The service was to mark the International Day for the Elimination of Racial Discrimination. JEFF HARPER/METRO

'We all need an attitude adjustment:' Pastor

Support. Halifax Regional Police join Baptist church to mark anti-racism day



HALEY RYAN ey.ryan@metronews.ca

The sun shone brightly around the Cornwallis Street Baptist Church as music and singing filled the room — women and men raising their hands into the air with joy.

Members of the Halifax Regional Police joined Rev. Rhonda Britton and her congregation to mark Friday's International Day for the Elimination of Racial Discrimination

on Sunday morning.

Britton said it's important to hold a special service every year because racism still exists, and hopes every year that more people hear the message of acceptance.

"Halifax has come a long way. ... (But) I think there's still a long way to go. There are many things that are ingrained," she said.

She said most of us have felt superior or annoyed while walking by someone begging on the street, made blanket statements about people of a certain skin colour, or held resentment against immigrants trying to "gain a foothold" here.

"In any situation, ask yourself how you would want to be treated," Britton told the

"There's so much freedom in not carrying around such hatred. It takes energy to hate."

Rev. Rhonda Britton

"If we are honest, we all need an attitude adjustment."

Having a group of police lead the church through song and talk with the community afterwards helps break down walls of suspicion and mistrust, Britton said.

Police Chief Jean-Michel Blais presented the church with an old Bible from among the artifacts of the pre-amalgamation forces, and said they are

emphasizing evidence-led policing where officers look at facts before making assumptions.

"We come to the table with our strengths, our weaknesses, our own preferences," Blais said.

"The key for us is to put those biases aside and to be able to do the job that we're here to do, and that is to ... serve the public."

Taking actions to change that bias, alongside small things like doing a kind deed or smiling at a stranger, are what really make a difference, Brit-

"I can say that I want to be different, but unless I actually do something to start building the habit of thinking differently, then I'm going to behave the same way."



metronews.ca Monday, March 24, 2014

Oakfield Park. Four charged in New Year's Day killing of Dartmouth man

Halifax police have laid charges against four people in connection with the New Year's Day killing of Matthew Penney.

Officers with the HRP/RCMP Integrated Major Crime Unit arrested two men and two women shortly before 8 a.m. on Thursday at residences on Bras Dor Lane and Springhill Road in Dartmouth.

On the morning of New Year's Day RCMP in Lower Sackville responded to calls of a burnt body at the entrance of Oakfield Park.

Penney, 26, of Dartmouth was identified as the victim of a homicide.

Police charged 23-year-old Tyler Berry with manslaughter,

criminal negligence, causing death by firearm, indignant disposal of human remains and public mischief.

Jason Patrick MacKenzie, 27, faces charges of accessory to manslaughter, accessory to criminal negligence causing death by firearm, indignant disposal of human remains and public mischief.

Keisha Slawter-Vassel was charged with accessory to manslaughter, accessory to criminal negligence causing death by firearm and public mischief.

And Caitlin Fay Thompson, 23, faces charges of public mischief. All four appeared in Dartmouth provincial court on Friday METRO.



Clayton Park. Trio charged in school break-and-enter

Three 18-year-old men face charges following an early morning break-and-enter at a junior high school in Clayton Park on Saturday.

Halifax Police responded to a call shortly after 4:30 a.m. at Clayton Park Junior High School, located at 45 Plateau Crescent. After locating a smashed window, officers called in a K9 unit and quickly

Lower Sackville

Employee injured in robbery

A man in his 60s has been assaulted during a violent robbery in Lower Sackville.

The RCMP say a man entered a business in the 600 block of Sackville Drive around 5:30 p.m. Friday, assaulted the employee, stole jewellery before fleeing on foot. The victim, a 64-year-old man, suffered minor injuries.

The suspect is described as a white man with red hair. He was wearing a white jacket and a green baseball cap. METRO

Court appearances

All three are scheduled to appear in court at a later date.

arrested three suspects.

The trio has been charged with break and enter and property damage. METRO

South-end

Suspected arson after wreath set on fire at Halifax home

Police are investigating a suspicious fire in south-end Halifax.

Officers with Halifax Regional Police responded to reports of a blaze on Fenwick Street shortly around 5:15 a.m. on Saturday, where they determined a door wreath had been deliberately set on fire.

Firefighters quickly put out the blaze. There was little damage and no reported injuries. METRO



UnSlut Project comes to Halifax

'Start thinking about it.' Documentary film inspired by Rehtaeh Parsons' death

Nearly one year after the alleged rape and suicide of Cole Harbour teen Rehtaeh Parsons, a woman has travelled to Halifax to shoot a documentary film she hopes will spark more discussion around sexual bullying

ing.
"The point of the film is to demonstrate how widespread the issue of slut shaming is," said Emily Lindin, founder of the UnSlut Project.

"If you don't think about it, start thinking about it."

Lindin — who defines slut shaming as making a woman feel inferior or guilty for real or perceived sexuality — decided to take action after a string of young girls across North America, including Amanda Todd and Audrie Pott, committed suicide because of sexual bullying.

"It rang true for me because I had been the school slut," said the 27-year-old PhD student based in southern California.

"When I was 11 years old, my then-boyfriend started rumours about me and they spread like wildfire."

After learning of Parsons' death, Lindin founded the Un-Slut Project, publishing online the detailed and unedited diary entries from her younger self.

"(Parsons) took her own life, and that could have been me," said Lindin.

Launched in April 2013, the UnSlut Project promotes

Release

The film is scheduled for release in early 2015.

gender equality, sex positivity and comprehensive, ageappropriate sex education for all ages.

It quickly caught on and soon hundreds of people — men and women, old and young — had created an online community.

Then came the idea for a documentary. Lindin, along with friend and director Jessica Caimi, crowdfunded nearly \$20,000 in summer 2013 and began filming.

"We want people to start talking about it," said Caimi, who drew a parallel between the fight against sexual bullying and the gay rights movement.

"Nobody should ever have their sexuality held against them. Period."

The documentary will tell the stories of girls who took their own lives because of sexual bullying.

"We're hoping that the film can kind of be a tool to start a conversation," said Lindin.

"It's (also) a matter of getting schools involved to normalize safe, consensual sex ... and encourage adults to question how they see female sexuality and the message they pass on to their kids."

A symbol of their goal: "We're hoping that the word slut won't make sense as an insult." Geordon omand/for metro

Violence prevention pioneer to speak in Halifax

The Advisory Council on the Status of Women is hosting a discussion by gender violence prevention guru Dr. Jackson Katz on Monday night in Halifax as part of Sexual Assault Awareness Month, which runs through

April

Dr. Katz's multimedia presentation entitled Men, Women, Sex and Violence will highlight how media can contribute to sexual and domestic violence and the importance of understanding, and changing, a cultural environment that condones and promotes sexism and violence.

The discussion will be held at Citadel High School's Spatz Theatre.

Free event

This is a free event open to all with doors opening at 6:45 p.m. and the presentation starting at 7:30 p.m.



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Monday, March 24, 2014

'Inspire, educate, empower'

Diabetes awareness.

Runner hits Halifax on cross-Canada journey

Twelve years after being diagnosed with Type 1 diabetes, Sebastien Sasseville has summited Mount Everest, completed three Ironman races and run solo across the Sahara Desert.

Now the 34-year-old runner from Quebec City is hoofing it coast to coast to raise awareness about diabetes, and he passed through Halifax on the weekend.

"Diabetes has been a gift, a tremendous gift in my life," said Sasseville.

"It hasn't always been easy, but at the end of the day it's been a beautiful self-exploration, personal-growth vehicle."

Sasseville, who works as a motivational speaker, left St. John's, N.L. in early February and plans on arriving in Van-

Social media

Follow Sasseville's journey either at outrundiabetes.ca or on Facebook.

couver on Nov. 14, in time for World Diabetes Day. That means 7,500 kilo-

That means 7,500 kilometres of running, or the equivalent of 180 marathons in nine months.

"(But) the actual act of running is not the most important part of this — the message is more important," said Sasseville.

"The goal is to inspire, educate, empower, bring a positive light to diabetes and help people pursue their dreams ... no matter what obstacles they face."

The campaign is also raising money for the Juvenile Diabetes Research Foundation.

But according to Sasseville, the events planned in communities across the country are among the most integral parts of the initiative. He said he does not want people to feel like spectators.

"I really want this to be something that every person who lives with diabetes in Canada feels that they own a little bit of."

Day-to-day life on the road has additional challenges for Sasseville, with diabetes adding an extra layer of complexity to running.

He said he must be extra vigilant monitoring his blood sugar, wearing an insulin pump, eating proper food — ultimately, maintaining the balance that will sustain him through nine months and 7,500 kilometres.

"I compare (having diabetes) to exercise," he said.

"A good workout is going to hurt, but you still do it because it's taking you somewhere."

And right now, it looks to be taking him clear across the

GEORDON OMAND/FOR METRO



Sebastien Sasseville runs along the Halifax waterfront on Saturday during his cross-country nine-month campaign to raise awareness about diabetes. GEORDON OMAND/FOR METRO

Gaelic College's 'royal' compromise first floated in Dec.

Nova Scotia government documents show a recent compromise on the use of the royal designation received by Cape Breton's Gaelic College was first floated in December, shortly after a backlash over the decision to change the school's

The emails and briefing notes were obtained by The Canadian Press under access-to-

information legislation.

The school's decision to add the word "royal" to its name was announced Dec. 6 after getting the special designation from the Queen, which stirred strong opposition from many in the province's Gaelic community.

Emails indicate officials in the Department of Communities, Culture and Heritage and As it happened

The board didn't vote to drop the designation until March 2, and it wasn't announced until a March 7 posting on the college's website.

its Office of Gaelic Affairs initially prepared to congratulate the

college on its newly bestowed honour from the Queen.

But an internal request from deputy minister Killiann Dean on Dec. 9 to prepare congratulatory notes for the two cabinet ministers responsible was shelved as negative reaction emerged in emails and in letters to newspapers.

By Dec. 12, emails show Gaelic College CEO Rodney MacDonald had forwarded a briefing note prepared for the school's board of governors to department official Craig Beaton. The note provides a summary of the growing opposition to the royal designation and contains a recommendation from MacDonald to the board, although MacDonald's email tells Beaton: "I am not including my recommendation."

In a subsequent email, Beaton tells another department official that he believes a compromise is in the offing.

"I believe that the recommendation is that they respectfully accept the royal designation and recognize it with a small plaque on site, but do not use it in the name or refer to it in the future," he said.

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The Power to Surprise

metronews.ca Monday, March 24, 2014

Sackville man guilty of teen sex assault

Confinement case.

John Leonard MacKean to be sentenced on June 24

The mother of a teenaged boy who was sexually abused while he was blindfolded and held against his will expressed relief and gratitude Friday after a jury found John Leonard MacKean guilty of sexual assault.

"I'm glad it's going to be over," said the mother of the victim, whose identity is protected by a publication ban. "My son doesn't have to talk about it anymore until he's ready to."

MacKean, a 64-year-old from Lower Sackville, was also found guilty of communicating for the purpose of obtaining sexual services from a person under 18.

The mother said it was painful for her son to struggle through police interviews and testify in court, recounting the horror of being chained and sexually assaulted in a ramshackle cabin after he was kidnapped in Halifax.

"He's done a very good job and he's been very strong," she said. "He's just a very brave boy."

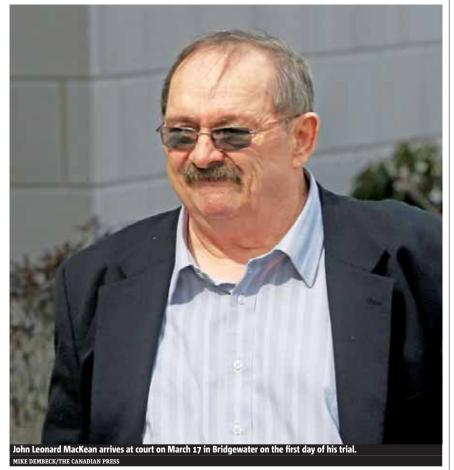
The verdict came after more than four hours of deliberations. The trial, which began Monday, heard MacKean and the victim each give their accounts of what happened on Sept. 20, 2012.

The teen testified that he was blindfolded with a sleeping mask and his hands and feet were chained to a bed when a man sexually assaulted him at a cabin about a 90-minute drive southwest of Halifax, where he was kept captive for eight days.

The youth, who was 16 at the time, later told the province's Supreme Court in Bridgewater that a man performed oral sex on him as he cried, unable to move.

The teen, now 17, said he was certain the man was not one of two other men accused in the case, one of whom was later convicted of kidnapping him, because he was able to determine from a limited view beneath his blindfold that the perpetrator was a balding, heavy-set man who wore glasses.

Crown prosecutor Lloyd Tancock said he believes a video of an interview MacKean gave to police after his arrest, during which MacK-



Quoted

"It's been a terrible case for the family and it doesn't end here for them, I'm sure."

Crown prosecutor Lloyd Tancock

ean said he was inside the cabin and involved in a sexual encounter with the boy, was a major factor in the jury's decision.

Tancock said he is not yet

sure what sentence he will

Defence lawyer Mike Taylor agreed MacKean's interview with police harmed his client's case. "It certainly posed problems for the defence," Taylor said. "There were acknowledgments by Mr. MacKean that he had done certain things." THE CANADIAN PRESS

Report card revamp. Province seeks public input

Nova Scotia is considering changes to school report cards and it wants to hear from students, parents, and teachers. A committee organized by the Department of Education and Early Childhood Development - including everyone from students to school board members launched an online survey on Friday to gather input on what is working and what still needs improvement. Suggestions and feedback will be accepted until April 11. The survey can be found online at ednet.ns.ca. metro

Cape Breton. Mayor says budget halted

The mayor of Nova Scotia's second largest municipality says it is postponing its budget process because of an inability to deal with costs downloaded by the province. Cape Breton Regional Municipality Mayor Cecil Clarke has declared a budget impasse, saying the municipality can't balance its budget without tax increases or cuts and reductions to services. Clarke says the municipality is looking at up to \$5 million in additional costs it can't afford because of such things as a \$1.8 million increase due to collective agreements and

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St. Francis Xavier. University appoints a new president

St. Francis Xavier University has appointed Kent MacDonald, the CEO of Algonquin College, as its new president.

MacDonald, who will assume the role Aug. 1, graduated from the Antigonish university with a bachelor of science in 1986 and a master of education in 1993.

He is president and CEO of Ottawa-based Algonquin College and has held prominent roles in the university sector throughout his career.

MacDonald says he's passionate about higher education and looks forward to working with staff in shaping the university's future.

Sean Riley announced last June that he would be retiring after 18 years on the job at St. Francis Xavier University.

THE CANADIAN PRESS

metronews.ca Monday, March 24, 2014

Shot dog, human skull: Detroit farm project reveals rough past

Community restoration. The venture will bring an orchard, hopefully higher property values and lower crime

Stunning things are being discovered in an effort to clear land for a new farm in innercity Detroit.

Last week, workers found a building - a crumbling bricksided structure that was either a garage or a barn - and had been hidden by the wild brush that has sprouted in the east end of the economically suffering city.

Ask about the building, and they point to a dog. There it is, dead, with a bullet hole through its ribs. It appears to be a brown mastiff, sprawled out on the grass where it was



found last Friday. It looks neatly groomed and is still wearing a collar.

Ask about the dead dog, and they'll tell you about the human skull they found last

Build a farm near crackhouses, and all bets are off about what stories the soil might tell. Like tales from the crypt of urban decline, each artifact is a reminder that this spot on the edge of the historically wealthy Indian Village

neighbourhood is just another broken place now, one more decayed canopy in this town under which to open a drug den or quietly dump a body.

But one company sees potential here.

It envisions an urban success story, and maybe even a profit. It plans to replace the wild brush, and the burnedout and abandoned houses, with 15,000 trees next month. The oak and maple trees would be sold in stages, as saplings and then timber.

People will talk about this as a place of beauty — a destination, a place where people learn about natural resources and enjoy festivals and other events outdoors," said Michael Score, president of Hantz Farms, during a tour of the site.

This is the biggest, but by no means the only, farming project in Detroit. There's far more empty space than there

Hantz Farms

The company plans to spend between \$3 million and \$5 million over the next few years buying property, knocking down 50 houses, paying land taxes and planting.

It hopes to make a profit as the timber crop matures over 60 years.

used to be, with the city losing two-thirds of its population over the last half-century.

Score says he figures 20 more projects like this would transform the city. He says some wealthy locals have already expressed an interest in replicating the plan spearheaded by his boss, financialservices multimillionaire John

THE CANADIAN PRESS

Harper ready to get tough on Putin

Stephen Harper heads to emergency G7 talks on Monday as the only leader in attendance who's personally witnessed the turmoil in Ukraine, clearly keen to advocate a tougher stand against Russia amid the biggest European crisis since the Cold War.

The prime minister called for a "complete reversal" of Russia's recent actions in Crimea, including its formal annexation of the strategic Black Sea peninsula, during his six-hour visit to Kyiv on

He also suggested Russia should be booted out of the

In The Hague on Monday, the G7 will hold a summit on the sidelines of the Nuclear Security Summit.

The G7 summit is being held as thousands of Russian troops amass on the southeast border of Ukraine.

G8 and warned that Russian President Vladimir Putin cannot be trusted.

Others are sounding simi-

lar alarm bells about Putin's actions - past, present and future.

'This is the most serious risk to European security we have seen so far in the 21st century," Britain's foreign William Hague, minister, wrote in an opinion piece for the Daily Telegraph newspaper on Sunday.

At the G7 summit, Harper is expected to warn his colleagues that Putin cannot be trusted to stop at Ukraine and that his actions will spur similar brazen territory grabs if they go unpunished.

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Internationally-acclaimed speaker Jackson Katz will discuss the imedia in shaping social norms, how social norms can contribute to and domestic violence, and the importance of understanding – and to – our cultural environment that condones or promotes sexism and violence.

Who Should Attend: Anyone interested in preventing gender-based violence -- parents, students, teachers, faculty members, sports/athletics leaders, community leaders, law enforcement members, service providers, concerned citizens

For More Information on Jackson Katz visit www.jacksonkatz.com



Sierra Leone

Mourners gather for funeral of former president

Thousands of mourners gathered in Sierra Leone's national stadium for the funeral of former President Ahmed Tejan Kabbah, who oversaw the end of the country's civil war.

Current President Ernest Bai Koroma hailed Kabbah as "a great giant of democracy and peace" during Sunday's service.

Kabbah, who died March 13 at 82, became president in 1996. He was briefly ousted by a military coup before returning to power, stepping down in 2007 after serving

His supporters credit

him with resisting the rebels during their 10-year terror campaign, and with helping to bring in the UN and British forces that crushed the rebels from 2000 on.

Koroma said Sunday's ceremony was also an opportunity to pay tribute to "Sierra Leoneans and international partners whose sacrifices made his presidency possible."

THE ASSOCIATED PRESS

metronews.ca
Monday, March 24, 2014

Data shows possible flight debris in same search zone

Malaysia Airlines.

French images show 'potential objects' in area previously flagged by Australia, China

France provided new satellite data Sunday showing possible debris from the missing Malaysia Airlines jet, as searchers combing a remote part of the southern Indian Ocean tried without success to locate a pallet that could be a key clue in solving one of the world's biggest aviation mysteries.

The new information given to Malaysia's government and forwarded to searchers in Australia shows "potential objects" in the same part of the ocean where satellite images previously released by Australia and China showed objects that could be debris from the plane, Malaysia's Ministry of Transport said in a statement without providing further details.

Flight 370 went missing over the Gulf of Thailand on March 8 with 239 people aboard en route from Kuala Lumpur, Malaysia, to Beijing, setting off a multinational search effort that has turned up nothing conclusive so far on what happened to the jet.

Sunday's search was frustrating because "there was



cloud down to the surface and at times we were completely enclosed by cloud," Royal Australian Air Force Flight Lt. Russell Adams told reporters. He said nothing of interest to searchers was found.

Details on the French data were not immediately released. The statement from Malaysia called the information "new satellite images," while a statement from France's Foreign Ministry said "radar echoes taken by a

Pallet problem

The new information emerged as authorities co-ordinating the search sent planes and a ship to try to "re-find" a wooden pallet that appeared to be surrounded by straps of varying lengths and colours.

satellite" had located floating debris but made no mention It was spotted Saturday by spotters in a search plane, but no images were captured of it and a military plane dispatched to locate the pallet could not find it.

of imagery. The Australian Maritime Safety Authority, which is leading the search in waters off Australia, declined to offer details about the information from France. But a Malaysian official involved in the search mission said the French data consisted of radar echoes captured Friday and converted into fuzzy images that located objects about 930 kilometres north of the spots where the objects in the images released by Australia and China were located. The ASSOCIATED PRESS

Ukraine

President calls for release of 'abducted' commander

A Ukrainian air force commander is being held after his base in Crimea was stormed by pro-Russian forces, and the acting president called for his release Sunday.

Col. Yuliy Mamchur is the commander of the Belbek Air Force base near Sevastopol, which was taken over Saturday by forces who sent armoured personnel carriers smashing through the base's walls and fired shots and stun grenades. One Ukrainian serviceman was reported wounded in the clash.

It was unclear if the forces, who didn't bear insignia, were Russian military or local pro-Russia militia.

Ukraine President Oleksandr Turchynov, in a statement, said Mamchur was "abducted" by the forces. He didn't specify where Mamchur is believed to be held.

However, prominent politician Vitali Klitschko said Sunday that Mamchur is being held by the Russian military in a jail in Sevastopol, the Crimean city that is the base of Russia's Black Sea Fleet

Russia formally annexed Crimea last week, a move that Western countries say is illegitimate. THE ASSOCIATED PRESS

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Monday, March 24, 2014

NEWS 11

Russia. Avalanche kills two women skiing at site used for Sochi Games

An avalanche killed two skiers on Sunday at the Russian mountain resort used for the Sochi Olympics. The resort had just reopened to the public on Saturday.

Six skiers were on the middle section of Labirint run when the avalanche struck, Roza Khutor said in a statement. The snow buried two women, and rescuers who dug them out were unable to save them, it said, while the four other skiers escaped unharmed. Rossiya television

Newly opened to public

Roza Khutor was the site of the alpine skiing competitions during the Winter Games in February and the Paralympics that followed. The resort reopened to the public on Saturday.

reported earlier that three people were killed. Officials were working to determine the cause. The Associated press

Turkey

Getting tough with Twitter

Turkish Prime Minister Recep Tayyip Erdogan has confirmed that he gave the orders to shut down Twitter in Turkey.

At a campaign event in Istanbul Sunday ahead of March 30 municipal elections, Erdogan said he had given the order because Twitter was not obeying Turkey's laws. Erdogan said Twitter was applying double standards, shutting down accounts when the U.S. or the U.K. demand it, but defending freedom when Turkey, Ukraine or Egypt have concerns. "This isn't a banana republic!" he said.

Many unaccounted for in deadly U.S. mudslide

Washington State.

At least eight are dead, more than a dozen missing in devastation; debris brought down the Stillaguamish River

More than a dozen people are still unaccounted for after a massive mudslide in rural northwest Washington state killed at least eight people and forced evacuations because of fears of flooding, authorities said Sunday.

Snohomish County Fire District 21 Chief Travis Hots said at a news briefing that "we suspect that people are out there, but it's far too dangerous to get responders out there on that mudflow."

Searchers in helicopters will be flying over the area of the 2.6-square-kilometre mudslide Sunday to find people who may have been



able to get out on their own, as well as look for other signs of life. Authorities are trying to determine how to get responders on the ground safely, Hots said, describing mudflow as "like quicksand."

The big wall of mud and debris blocked about 1.6 kilometres of State Route 530 near the town of Oso, about 90 kilometres north of Seattle. It was reported about 18 metres deep in some areas.

Several, including an infant, were critically injured; about 30 houses were destroyed. The mud was so deep searchers turned back at one point, despite hearing voices asking for help. THE ASSOCIATED PRESS



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Canada Revenue

Agence du revenu du Canada





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Lotto lull

Agencies want the lottery to go viral

Millennials aren't buying lottery tickets as much

as their parents do, so provincial lottery agencies are trying to develop a new national lottery aimed at people under

A spokeswoman for

the Western Canada Lottery Corp. said "the kinds of games we're offering ... are not necessarily as appealing to today's younger adults." THE CANADIAN PRESS

PQ: 'We don't want this election stolen by people from Ontario'

Provincial politics.

Party's concerns have arisen after reports of non-francophones from outside Quebec trying to vote on April 7

The Parti Québécois says it's worried students from Ontario and the rest of Canada are trying to steal the provincial election.

The PQ called a news conference on Sunday morning in order to express concern about media reports of English-speakers and other non-francophones from outside of the province trying to vote in the April 7 election.

PQ candidate Bertrand St-Arnaud wants the province's chief electoral officer to closely examine attempts to register to vote.

"We don't want this election stolen by people from Ontario and the rest of Canada," St-Arnaud said.

Another PQ candidate, former student leader Leo Bureau-Blouin, added he wants to ensure the election is decided by Quebecers.

"We want to make sure that it's Quebecers who choose their government and we want to make sure that the chief electoral officer takes the measures that are needed," he said.

"We are concerned by the fact that many, many people who are not registered on the list want to be registered."

St-Arnaud said he found a report in Sunday's Journal de Montreal particularly troubling. It described an attempt by "hundreds of Ontario students" to vote against the Parti Québécois' leader Pauline Marois.

Quebec's chief electoral officer issued a statement on Saturday clarifying the rules.

Spokesman Denis Dion said voters must be Canadian citizens and have lived in Quebec for six months, and have the intention of making

Voter-registration concerns

The PQ's comments come after the head of an electoral office for a Montreal riding resigned over concerns about the registration process.

- Mathieu Vandal told Montreal's Le Devoir newspaper there had been an increase in the number of non-francophones trying to register and he wasn't confident voters were being properly screened.
- Some students have complained they were turned away even though they believed they had the necessary documentation.

He said officials also take into account other evidence, such as proof of a bank account in a Quebec institution, a Quebec health insurance card or driver's licence, or a Quebec income tax return.

THE CANADIAN PRESS

Criminologist to track trolls with language



It's the crime of the future, but it's not against the law — yet.

Sometimes it seems like trolls are everywhere online, using bullying or shock tactics to try to get a reaction from people. But one criminologist thinks he can help stop them, and his plan is a global first.

Western University's Mike Arntfield has gained federal funding to study the trolls' language. He has research assistants collecting text samples from social media, with the eventual aim of drawing up a "lexicon" of the way trolls talk.

And, just like criminal profiling allows experts to predict the behaviour of killers and other violent offenders, that lexicon could provide signposts that show when trolls are about to do something more sinister.

"I'm surprised to some



extent that I'm the first scholar to study this using (social media posts)," said Arntfield, who is also studying the relationship between online bullies and their victims. The reaction from victims can be a variable in how a bully behaves.

"It's all uncharted territory in studying cyberbullying," said Arntfield, who also leads the OWN TV show To Catch a Killer.

He says "lexical choices" could be tracked, then used as "linguistic clues" in predicting how a person behaves in the future.

There may even be similarities between trolls who are otherwise from different age groups or places; Arntfield says it's possible there is an "online bullying creole" of recurring words in posts and screen names that can flag a troll.

But why study this, if it's not against the law? Because one day it might be, Arntfield explained. He predicted a time when legislation is drawn up to criminalize online bullying, which has already driven some people to suicide, and to do that it needs to be defined.

The Far North turf war

Five countries lay claim to territory around the North Pole. Some of those claims conflict, while other countries, like China, want the Arctic to be deemed an international zone. So far, the Arctic has remained peaceful, but as countries scramble for resources, how long will that peace last?

DYLAN C. ROBERTSON

For Metro in Toronto

As polar ice melts away, rising temperatures are unlocking oil, trade routes and the potential for conflict in the Far North.

"It's the opening chapter of what's going to amount to be a very long story, and people are playing nice and working together — for now," says Robert Huebert, a University of Calgary professor and expert in circumpolar relations and defence policy.

Five countries claim territory around the North Pole: Canada, Russia, the United States (through Alaska), Norway and Denmark (through Greenland). Some claims conflict,

Canada

while other countries like China want the Arctic to be deemed an international zone.

Polar ice has been steadily decreasing as high temperatures lead to longer summer melts. The U.S. Navy published a study last December suggesting summers in the Arctic could be ice-free as early as 2016, with regular shipping routes expected by 2030.

Meanwhile, 13 per cent of the world's undiscovered oil and a third of its untapped natural gas lies in the Arctic, according to the U.S. Geological Survey.

That leaves countries scrambling for re-

sources and trade routes. Canada recently asserted a claim over the North Pole, following Russia and Denmark. The Arctic has remained peaceful, with each state respecting United Nations rules on international waters.

But co-operation broke down this month. Canada, the U.S. and Norway cancelled joint military operations with Russia following the country's invasion of Ukraine.

"This is going to cause a pushback on the side of the Russians, in the Arctic region specifically," Huebert says. "It contains two of the most powerful states in the international

system that are increasingly having different interests."

Huebert noted that Russia's involvement in Crimea was partially a response to the Western military alliance NATO seeking closer ties with Ukraine. All other Arctic countries are NATO members. Huebert says further NATO expansion could lead to a Russian pushback, and Canada is not well equipped.

"As the Arctic is more and more integrated, you're going to see other events spilling into it."



Canada has a small Arctic military presence, with a training centre opened last year that only holds 150 soldiers. A Nunavut military base was announced in 2007, but construction has yet to start. "Canada's very good at plans, but not so

much at execution," says Huebert.
The UN has led a decade-long process for countries to extend their borders over parts of the frozen Arctic if they

can prove that seabed ridges extend from their mainland.
Last December, Canada was about to submit its claim when Prime Minister Stephen Harper asked researchers to include the North Pole. Experts aren't sure why the original claim didn't include the pole, which lies near a large oil patch.

The next day, Russian President Vladimir Putin announced his country would expand its already large military presence.

Michael Byers, an Arctic expert and professor at the University of British Columbia, says Canadians have little to worry about.

"There is no immediate reason for concern, and no reason to change Canadian Arctic policy — which focuses heavily on co-operation." Russia has claimed a large portion of the Arctic, including the North Pole. The

government expects the Arctic to be Russia's primary resource base by 2020.

"We see the Russians moving very strongly on supporting and increasing their claim to the Arctic," Huebert says. "They're the ones who put the most money into revitalizing their military capabilities."

Russia has 10 military bases along the Northern Sea Route,

a government-charted trade route spanning Russia's entire north. The country has modernized its submarine fleets, built new icebreakers and is considering a separate military branch solely for protecting the Arctic. "Western countries are doing something to

"Western countries are doing something to improve their military capabilities, but it's not on the same scale as what the Russians are doing," he says.

Huebert says that Russia will probably act belligerently toward other countries, such as by flying planes into other countries' airspaces, but would likely not invade other countries.

"You won't see direct military action per se, unless something really goes bad somewhere else," he says.

Denmark

Denmark is claiming an area that includes the North Pole. It also claims islands that Canada has previously claimed.

In 2005, Denmark occupied Hans Island, an unpopulated island on the border of both countries. Most analysts interpret this as a test of how well Canada defends its claims.

Greenland remains an autonomous part of Denmark that receives billions from Copenhagen each year. Danish governments have said that Greenland's independence hinges on it becoming economically self-sufficient.

In 2010, a large oil patch was found near the Canadian border in an area previously covered by ice. Denmark has since increased its military presence in the area, with regular coast guard and air patrols.

The largest estimated Arctic oil deposit lies just east of Greenland, near Iceland. "The Danes are wondering if they can get any of this oil lying offshore," says Huebert. "They're also looking at how China's ingratiated itself with Greenland and Iceland." The Chinese government has invested in mining and oil exploration in both countries.

Others

- Norway has made a claim to an area also claimed by Russia, which includes some oil reserves.
- The United States hasn't made any territory claims. The U.S. wants the Northwest Passage to be an internation al trade route. It has a military base in Greenland and a large submarine fleet.
- China has invested heavily in Arctic industry projects and wants the zone to remain neutral.
- France is the only non-Arctic state with an official Arctic ambassador. French companies are exploring oil projects in the Arctic, and France runs two Arctic research bases.
- Germany says an Arctic trade route could make Europe less dependent on Russian gas.
- Finland and Sweden are not part of NATO; Huebert says they may move closer to the alliance if Russia further invades Ukraine.

 This would further encircle Russia and likely provoke military action.



metronews.ca Monday, March 24, 2014

Canadian crossing

Customs waiving fees for cross-border shoppers: Report

Canada's border guards routinely waive taxes and duties on goods bought by travellers in the U.S., says a briefing



note for the prime minister.
The acknowledgment sup-

ports the suspicions of retailers that the Canada Border Services Agency is too lenient with cross-border shoppers, costing the economy millions of dollars in domestic sales.

The briefing note was prepared last June 25, when a Canadian dollar was worth 95 cents American.

THE CANADIAN PRESS

Then invest in social media. Betting on trendy stocks from Twitter to Facebook is not for the faint of heart



HOW TO ROLL Alison Griffiths metronews.ca

The share price of Groupon, the coupon website, is plummeting. Oops, no it isn't. Wait a minute, yes it is! Groupon (GRPN) share prices dropped 75 per cent in 2012, gained 129 per cent in 2013, and have lost 26 per cent so far this year. That wild stock-price ride pretty much sums up the experience of investing in social media. In a word, exciting — but not always in a good way.

Social media is one of the trickiest sectors for investors. Most measures for evaluating stocks, such as the price-to-earnings (P/E) ratio, are useless when applied to these Internet-focused companies.

Do you have an

iron stomach?

And social media stocks are anything but lemming-like. In fact, at any given time there can be tremendous divergence in stock price direction with some heading north and others heading south, regardless of what's going on in the economy.

Also, the social media universe isn't just out-there tech stocks. Facebook has recently been added to the S&P 100 and 500 indices, signalling the maturing of the sector.

It can be fun to take a flyer at social media IPO's. Those who jumped into Twitter back in November saw the stock soar from the \$26 US offering to over \$54 US in just three months. But a safer option is

Social media investing rule

- Limit exposure to a small percentage of your portfolio.
- **2**If the loonie strengthens, it can wipe out price gains. If it falls, the reverse is true.
- **3** Don't double-dip by purchasing mutual funds or other ETFs that hold some of the same stocks.

to buy an entire index of social media stocks.

The Global X Social Media Index ETF (SOCL on NASDAQ) tracks the 27 stocks that make up the Solactive Social Media Index, which has recently traded in the \$27 US-a-share range. All the major names are there — from Twitter and Facebook to Angie's List, Xing and Zynga.

The circle of life

A cow cleans her newborn calf on the O'Connor Ranch near Philip, S.D., last week. Rancher Chuck O'Connor brought in about 200 females to rebuild his herd, which suffered losses in an unexpected blizzard last fall. The two-day October storm, which first brought rain and then dumped up to four feet of snow in some places, killed more than 40,000 cattle, sheep and horses. With the new cows and the arrival of the spring calving season, O'Connor estimates his herd will grow to around 500 in May. TOBY BRUSSEAU/THE ASSOCIATED PRESS

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SOLUTION NEEDED FOR NURSES

Let me see if I understand this.

Capital District nurses have the legal right to strike. In February, they voted 90 per cent in favour of striking to back contract demands. But if they actually walk off their jobs, they will effectively—and almost instantly—lose that right. (See the Stephen McNeil government's legislation forcing striking home-care workers to return to their posts even before the ink on their picket signs was dry. McNeil will do the same if nurses down their stetho-

So what are their options? The nurses could quit.

Oh ... no, they can't.

After nurses voted overwhelmingly last week to resign en masse if ordered back to work, the health authority threatened to "take whatever legal action it feels appropriate to counteract such dangerous, unlawful behaviour."

Though the government feigns hands-off because the two sides are still theoretically negotiating, the premier himself

weighed in, insisting resignations not be a "tool in collective bargaining."

"I find it hard to believe that they would walk away and leave vulnerable Nova Scotians

But that, of course, is exactly the issue.

The union wants mandated nurse-patient ratios because they say nurses are overworked and overstressed, a situation that compromises patient safety.

Capital Health — under government-mandated stress to cut costs — insists mandated ratios, which would require hiring more nurses, aren't a solution.

Both sides trot out contradictory reports from jurisdictions where ratios have been implemented — Australia, California — to buttress their argu-

While that makes it hard for the rest of us to see the solu-

tions for the statistics, what isn't in question is there is a prob-

Twenty per cent of hospital nurses guit each year. with workload a key factor.

According to one report, Canada's nurses are nearly twice as likely to be absent due to illness or injury than the average worker. Twenty per cent of hospital nurses quit each year, with workload a key factor. U.S. studies have documented an "irrefutable association" between staffing levels and what are delicately referred to as "patient outcomes."

McNeil may legislate away health-care workers' right to strike, but we shouldn't let him sweep away this important

The premier should appoint a task force — with adequate nurse representation—to examine the overall relationship between staffing and patient health. Its report should be public, completed quickly and its recommendations imple-

ZOOM

Motor City's recovering

Stephen Kimber



CARLOS OSORIO/THE ASSOCIATED PRESS

Efforts focused on city's youth

Javon Jones, centre, performs with other members of the Mosaic Youth Theater in Detroit, Several privately run youth organizations provide an array of extracurricular options for high school kids. Roughly 165 young people engage in Mosaic's main programs each year — most

from low- and moderateincome Detroit families.

Teachers and parents are fighting to do right by the children, and many believe Detroit is finally on the rise after hitting bottom. Yet they worry about the toll of growing up amid danger, dysfunction and the blight epitomized by tens of thousands of abandoned homes.

THE ASSOCIATED PRESS

Post-bankruptcy

"This is what we're ingraining into kids' psyches — this emptiness, the lack of safety.... They're going into school with a level of fear that something bad is going to happen.

Tonya Allen, CEO of the Skillman Founda-

Adding it all up

Eighty-eight vacant school buildings are for sale — some of the 200 schools closed in recent years due to depopulation. High levels of gang violence and premature births combine to make the youth mortality rate the worst of any major U.S. city, according to a recent analysis by the Detroit News. Most of the city's 300 parks are



Twitter celebrated its eighth birthday last week by opening its vaults and letting users rediscover their first tweet. The results ranged from bland to hilarious, but taken in aggregate they illustrated how people were unsure just what Twitter was, or



even how to use it, when it launched. If you haven't already, here's how you can view your first tweet, and a few other services that let you play around with your Twitter data.

Discover:

Discover your inaugural tweet — and everyone else's — at discover.twitter.

Tweet Cloud:

Lets you generate a word cloud of your own tweets. Just don't be surprised when "lunch" looms large in the

cloud.tweetcloud.icodeforlove.com.

Tweetails:

Offers fun, free analysis of your Twitter account, including most mentioned users, favourite words and even a so-called "intelligence rating." tweetails.com.

@metropicks tweeted: Twitter turned eight last week Find out what your first tweet was, share it with us and we'll print it!

@PlainSJ: Ha! I didn't even know what twitter was when I joined back in '07, but I had it pegged! "@PlainSJ: Wasting time..."

@KellyOlivePR: #FirstTweet was 5 days after moving to #Toronto! "@KellyOlivePR: @ work...and loving being in Toronto"

@MattProsser: "@MattProsser: Chil-

@Harl3yQ: I found this #FirstTweet: @Harl3vQ: Which side of the toaster oven should the keurig go on #firstworldproblems'

@FrenchmanCanada: And @strombo replied. In English AND in French. "@FrenchmanCanada: @strombo when I moved to Canada 3yrs ago you immediately became my favorite Canadian, so my #1sttweet is for

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VE WANT TO HEAR FROM YOU: end us your comments: halifaxletters@metronews.ca



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6 SCENE metronews.ca Monday, March 24, 2014

Lost star takes danger in stride in adventure series

Born to be wild.

Dominic Monaghan has had some close calls while filming the world's most dangerous creatures

In the second season of Wild Things with Dominic Monaghan, it becomes abundantly clear why the show's motto is "the wilder the better." The show kicks off Tuesday with startling footage of a disoriented elephant that suddenly charges toward the show's hapless cameraman.

Monaghan says the terrifying encounter occurred after he and his crew had watched a veterinarian conduct emergency surgery on the massive beast. Moments after the doc administered an antidote to reverse the anesthetic, all hell broke loose.

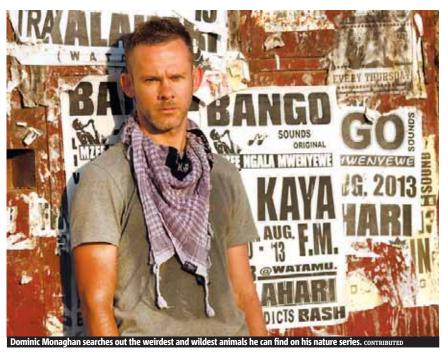
"What we all assumed as a film crew was that the elephant was going to get up and give us a gentle nod in our direction and say 'Thank you,' and walk off into the African sunset," Monaghan said in a recent interview in Toronto.

"But instead it woke up and was confused and didn't know what had happened and saw a bunch of humans standing around it. And the closest person to the elephant was Frank, our cameraman — he had a big camera on his shoulder so he was very conspicuous — and the elephant tried to kill him."

Such is life in the wild.

Looking back now, it's clear Monaghan and even his seasoned Kenyan guides underestimated the peril they were in.

As everyone made a beeline



for the cars, Monaghan says he and his crew were too late.

"They just drove off. They left us," he says, able to make light of the situation now.

"When (Frank) saw the cars drive off he was like, 'Oh no,' and then his balance went and then he fell over. But it worked for me because I thought, 'Well, if Frank fell over that means that I'll be OK because he's much slower than I am."

Luckily, their medic jumped in to distract the elephant, which eventually lost interest and wandered off. No one was hurt, says Monaghan.

The elephant tale isn't even the focus of the Season 2 premiere, which begins with

Monaghan intent on finding the aggressive giant spitting cobra.

Other episodes see The Lord of the Rings actor head to Brazil, Zambia, Thailand, Japan, New Zealand and Australia to get a good look at creatures including carnivorous ghost bats, the world's longest-fanged snake and a deep sea creature considered one of the ocean's most poisonous predators.

And there are more dicey encounters. Monaghan says he needed nearly 40 stitches in his arm for another animal run-in that will be revealed in later episodes.

Nevertheless, Monaghan

says he and his crew are extremely careful. A medic travels with them and carries anti-venom and other treatments, and they always know where the closest hospital is — although sometimes it can be a day away,

"We're as safe as we can be. In a show and a world that can sometimes be dangerous." THE CANADIAN PRESS

When to watch

Monaghan admits.

 Season 2 of Wild Things with Dominic Monaghan airs Tuesday on OLN.

Ebooks



F This Test

By. Richard Benson

iBooks/Kindle/Kobo

. . . .



MIND THE APP Kris Abel @RealKrisAbel

If you can't give your teacher the right answer, at least make them laugh. This collection of high school howlers compiled by Summersdale Publishers (under the pseudonym Richard Benson) captures the feel of a school workbook with doodles, lined paper, and hand-written, wisecracking answers. Most are silly, some are hilarious, and there are a few math equations that are downright clever

Box office

Teen sci-fiflick Divergent beats out Muppets seguel

The teen science-fiction franchise Divergent debuted with \$56 million US at the weekend box office in one of the year's biggest openings, but didn't reach the heights of Lionsgate's other teen franchise, The Hunger Games, which debuted with \$152.5 million in 2012. Disney's Muppets sequel Muppets Most Wanted fared poorly, earning \$16.5 million over the weekend.

THE ASSOCIATED PRESS





Straight talk from George: He's really not just holding out for the right woman

More than 15 years after coming out of the closet, George Michael admits that he had a particularly rough go of it following his revelation

"For some strange reason, my gay life didn't get easier when I came out. Quite the opposite happened, really," he tells the BBC. "The press seemed to take some delight that I previously had a 'straight

audience' and set about trying to destroy that. And I think some men were frustrated that their girlfriends wouldn't let go of the idea that George Michael just hadn't found the 'right girl.'"

They weren't alone, apparently, as the 50-year-old singer says "a lot of my extended family" still thinks he's holding out for the right woman.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Where does Gaga draw the line? At Katy comparisons



STARGAZING Malene Arpe scene@metronews.c

Lady Gaga says she and Katy Perry "couldn't be more different." It's true. While they are both female superstar pop singers in their late 20s with a penchant for outrageous costumes, Gaga likes M&M's while Katy prefers Peanut M&M's.

Matthew McConaughey is reportedly not interested in repeating his role in the sequel to Magic Mike. Which proves the old trouser truth, "Get a fancy-pants Oscar, lose the chaps."

According to Shakira, after she said in an interview that her boyfriend will not let her make music videos with men, he said to her, "Can you please shut your little mouth next time you're doing interviews — because you're making me sound terrible." Stay where you are, Shakira. We're sending the deprogramming unit for you now.

Having previously demanded that M.I.A. pay a \$1.5-million US fine for giving the finger at the Superbowl two years ago, the NFL now wants an additional \$15.1 million in restitution.



In less insane news, MIT researchers conclude that Avril Lavigne is the most famous Canadian of all time.

Simon Cowell reportedly paid \$1.2 million for a jaguar. Seeing as we're talking about Simon Cowell, it's anyone's guess whether it's a car or a big, dangerous cat.



Darn that Internet! Even Pam is haunted by online sex videos

Thanks to that pesky Internet, Pamela Anderson never got to have "the talk" with her teenage sons about her infamous sex tape with their dad, Tommy Lee. "I don't know if they've seen it, but they know about it," she tells Elle magazine about 17-year-old Brandon and 16-year-old Dylan. "They know about everything. Stupid Internet. I don't know why everyone is so impressed with it."

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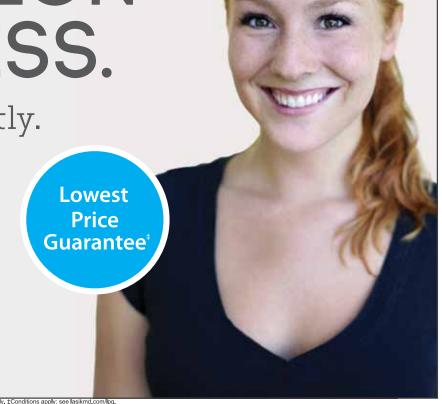
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Trip coverage: That's the ticket

Medical travel insurance. When just one slip can be costly, plan is only way to go



GAIL VAZ-OXLADE Gail blogs daily at gailvazoxlade.com

My daughter told me she might be going on a trip with a girlfriend, whom we'll call Lily. When Alex told Lily that she'd want to be back by a particular date, Lily asked why. Alex said that her travel medical plan wouldn't cover her for longer than a 60-day trip. Lily announced that she never travels with medical insurance coverage.

I sighed. A lot of people don't. They're under the impression that if something bad happens to them while they're gallivanting around the world, they'll be covered by Canada's very generous health coverage.

No one expects to fall ill when travelling, though it happens all the time. Most things are quickly resolved. The bigger things come with hefty price tags and that's when we hear the story in the news. There's the story of the man who suffered a fall in Michigan and racked up \$168,000 in medical bills. Or the couple who were in a car accident resulting in \$325,000 in medical costs.

So do you have an extra \$100K sitting around to take care of medical bills you might



incur while travelling? Since provincial plans pay only a few hundred dollars a day for hospital coverage, you'd better. Or you could simply fork over some money for travel medical coverage. Would you rather spend \$60 to \$300 now (depending on the length of your coverage) or pony up hundreds of thousands of dollars later?

Even if you're heading to the U.S. for a day trip, insurance is a must-have. Your best bet if you cross the border frequently is to buy a plan that covers you for multiple trips. Coverage is usually provided for 12, 30 or 60 days with no limits on the number of trips in a 12-month period, so they're perfect for cross-border shoppers, business travellers or people who leave Canada more than once a year. Planning to be on the road more than 60 days? Single-trip plans can cover you for up to 183 days, perfect for those with a home away from home.

Some credit cards provide travel medical coverage. If you're a frequent traveller, the annual credit card fee is offset by the savings in not having to buy travel insurance privately. Keep in mind there may be specific restrictions.

Some people have travel medical coverage through their group benefits at work. Know what you're entitled to

and whether you must put out the money and be reimbursed or can ask for direct billing to your insurance provider. And don't leave home without the telephone numbers and paperwork you will need if you do end up seeking medical treatment.

Even if you're leaving one province in Canada to travel to another, you should consider medical travel insurance. A victim of a polar bear attack got stuck with a \$13,000 bill for an air ambulance to Winnipeg because she didn't have out-of-province coverage.

As for people who choose to visit you in Canada from another country, they aren't

Shopping for coverage

Make sure when you buy your insurance that you correctly answer all those questions you're asked. Screw up even a little and you could find your claim denied. Here are some questions you might want to ask as you shop for coverage:

- How long does the coverage last? If the trip is extended, can you extend the coverage?
- Are there restrictions or limitations on the policy? (Think limitations due to substance abuse or restrictions on activities like sports.)
- Are pre-existing conditions covered?
- What is your maximum coverage and what are the deductibles or copayments that would apply to a claim?
- Are certain countries/ locations not covered?

covered under our medical system. You'd best ensure you've got coverage for visitors in place if they are among the many who choose to travel without buying their own travel medical insurance.

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Tax Talk



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Caroline Battista Tax Analyst at H&R Block

H&R BLOCK

What can I claim for our new baby, and can I claim my spouse as a dependant?



I had a baby this year. What can we claim?

Congratulations. You should receive \$100 per month from the Universal Child Care Benefit. This is income and must be reported by the lower-income spouse. You can claim the child amount for the entire year no matter when your baby was born which means \$338 in tax savings. Childcare expenses are the other big benefit for parents, although you might not need daycare yet. To keep receiving the monthly Canada Child Tax Benefit, you and your spouse must both file a return. The benefit is calculated based on the most recent tax year. Fail to file and the cheques will stop.



My spouse did not work in 2013. Can I claim him as a dependant?

Yes, you can claim the \$11,038 spousal amount if he had no income for the year. If your spouse earned some income last year, you need to deduct this amount from the spousal credit. For example, if your spouse earned \$3,500, you would be able to claim \$7,538 (\$11,038 - \$3,500) for the spousal credit. Even though your spouse had no income, he or she should still file a return to make sure you still keep getting all your benefits.

The world takes a walk in his shoes

Captain of canvas. The Toms brand continues to expand with Blake Mycoskie at the helm

ANDREA Park

Metro World New

Just seven years ago, Blake Mycoskie was selling Toms shoes out of his apartment. "It seems like forever to me," he cracks. But since then, the canvas shoes have become ubiquitous, and Toms has turned into a global brand not just for shoes, but also for eyewear. Now, Mycoskie has launched Toms coffee.

The company is known for its one-for-one concept: Buy one pair of shoes and Toms will give a pair to a person in need. Toms coffee will also have a charitable bent: Every bag of beans gets someone one week (140 litres) of clean water in Guatemala, Honduras, Malawi, Peru and Rwanda — the



I was doing this seven years ago," says Toms founder Blake Mycoskie. CONTRIBUTED

same countries that house the coffee plantations.

Mycoskie hopes to turn the coffee trade upside down and have Toms coffee shops all over the U.S.; he's already opened one in Los Angeles and plans to roll out more around the country later this year, including in New York City this summer. But he also aims to launch a new product every year, hoping to become, as he puts it, the Richard Branson of socially responsible products.

Little money? No probler

"It takes time to raise money or prove your concept and generate revenue and profits. It's not for the faint of heart."

Blake Mycoskie

Mycoskie, 37, gave us his top tips for young entrepreneurs hoping to break out with the next big startup.

Keep it simple

Mycoskie says it's important not to be in a rush: Don't be so overly ambitious that you miss the big picture. "Don't be afraid to be small for as long as you need to be small," he says. "When you're doing a startup, so many of them have this pressure where they feel the need to be so big and have so much revenue and raise money so fast."

Instead, Mycoskie says, young entrepreneurs should hold their horses and let their businesses blossom. "There's a gestation period during which it needs to organically come into the market," he explains. He says his initial goal was just to sell 250 pairs of Toms shoes every six months: "We ended up doing a lot more than that, but had we set out with a big, ambitious goal, I don't know if we'd have the success that we had."

Don't choose entrepreneurship as a career

Mycoskie says it's a big mistake to get caught up in the idea of entrepreneurship as a career. "If you're at university saying, 'I'm going to be an entrepreneur,' and you don't know what you're going to start — that's scary, he says. "Find your passion about changing or doing something where the only way you can do that is to start a business." Have a clear purpose in mind before you venture out.

Get ready to be poor If you want to forgo the big

corporate job to start your own business, get ready for a big drop in salary. "It takes time to raise money or prove your concept and generate revenue and profits," says Mycoskie.

"It's not for the faint of heart." Case in point: Toms lost money for the first three years after it opened. Mycoskie was the one who got hit the hardest by the loss because he was the only financial backer.

Be socially responsible

Mycoskie says the Toms concept of one-for-one wasn't just good for the beneficiaries — it was good for business. "The more I focused on our meaning and purpose, the more I found our customers connected with it, my employees were more engaged, and our vendors wanted to work with us because they were excited about our idea," he says. He says it may be more difficult to make a quick buck, but ultimately customers care about the way you operate vour business

Round the world wisdom

Ditch your pride when you need a helping hand



LESSONS FROM THE DESERT Stéfan Danis life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

After completing the Gobi race as a solo entrant, I signed up for a new challenge: running as part of a team. In this event, teams of three or more must run six marathons in five days, remaining within 10 metres of each other at all times. The challenge is completely different than a solo race: team members must constantly adjust to the pace of weakest runner.

Winning comes to the team who moves their



weakest runner the fastest. As I would find out, each of us was the weak one at

The key to maintaining the lead was to strengthen the weakest link as quickly as possible. Having watched other teams unravel under the weight of one member's struggles, we decided that whenever someone fatigued, it would be a team challenge to solve as opposed to an individual one.

To do this, we encouraged each team member to be vulnerable enough to solicit help early, as opposed to proudly trying to overcome the problem alone.

As such, when I reached

my limit I called for help immediately, and got it. My teammates would either push or pull me forward, or temporarily take some of the weight out of my backpack. Our Atacama Crossing race strategy worked. To our surprise, we won the race, crossing the finish line a full eight hours before superior athletic teams. Back at work, when facing business challenges I let go of my own pride quickly and raise my hand when I'm struggling, working to create a safe environment so others can do the same.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



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From your fridge to your table in 30 minutes or less

Everyone loves the classic spaghetti and meatballs. But traditionally, this is not the healthiest meal you can enjoy. Usually a larger-than-necessary portion of pasta is served and fatty beef makes up the

- 1 lb extra lean ground beef
- 1/4 cup seasoned dry bread
- 1/4 cup finely chopped green
- 1/4 cup barbecue sauce • 1 egg
- 2 tsp finely chopped garlic
- 1 tsp dried basil
- 3/4 cup part-skim mozzarella cheese cut into 12 small cubes Sauce and Pasta
- 3 cups tomato sauce • 1/2 lb whole wheat spaghetti noodles

Garnish

- 1/4 cup grated Parmesan cheese
- 3 tbsp chopped fresh basil



meatballs.

Here's a twist using mozzarella-stuffed meatballs, lower-fat ground beef and whole wheat spaghetti.

Watch your guests' reaction when they discover the creamy cheese hidden in the meatballs.

The meatballs can be baked in advance and frozen for up to two months.

When buying ground beef, there is a large difference between extra-lean and regular. A four-ounce portion of extra-lean has 193 calories and

seven grams of fat versus the regular ground, which has 300 calories and 20 grams of fat.

Directions

1. Preheat the oven to 425 F. Line a baking sheet with foil lightly coated with cooking spray.

2. To make the meatballs: Combine the ground beef, bread crumbs, green onions, barbecue sauce, egg, garlic and basil. Form into 12 round meatballs. Press a cube of cheese in the middle and seal.

Place on the baking sheet and bake for about 12 minutes, turning halfway through the cooking time.

- **3.** Meanwhile, place the tomato sauce in a large saucepan and add the cooked meatballs. Bring to a boil over mediumhigh heat, reduce the heat and simmer, covered, for about 5 minutes, stirring occasionally.
- **4.** Meanwhile, bring a large pot of water to a boil. Add the spaghetti and cook according to the package directions.

Drain and serve immediately, with the meatballs and sauce spooned over the spaghetti.

Garnish with Parmesan and basil. The best of rose reisman (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional informatio

Per serving

- Calories. 492
- Carbohydrates. 64 g
- Fibre. 11 a
- Protein. 42 g
- Total fat. 9.2 g
- Saturated fat. 4.3 g
- Cholesterol. 119 mg
- Sodium, 570 ma

The secret is in the tomatoes

If you love the influence of Italian or Mediterranean cuisine, this Layered Tomato, Pesto and Buffalo Mozzarella

- 1 large field ripe tomato sliced into 8 - (1/4") slices
- 1/4 cup store-bought pesto or homemade
- 3 oz Buffalo mozzarella or Bocconcini cheese sliced into 8 small rounds
- Fresh basil leaves as garnish

Cheese Salad will fit the bill.

Ripe tomatoes, pesto and creamy Buffalo mozzarella cheese make this a delicious appetizer, salad or perfect vegetable dish to suit any Italian entrée. I also eat this creamy, mouth-watering salad as an entire meal.

The key is to buy ripe tomatoes. You can also use plum or vine tomatoes instead of the field ones.

Buffalo mozzarella is the finest tasting cheese you can eat. It's made from the milk of water buffalos and comes

packed in water. If you're not using it all, then keep the rest in water. It is high in protein and calcium.

If you can't find it, you can also substitute with Boccon-

- 1. On a serving plate, place one slice tomato and spread a little pesto over top. Lay a piece of cheese halfway down and repeat with remaining tomatoes and cheese.
- 2. Garnish with basil leaves.



Drouin, Mooseheads manhandle Islanders

QMJHL. Despite facing 100 shots and down 2-0, Charlottetown goalie is game for more



ANDREW
RANKIN
andrew.rankin@metronews.ca

If Mason McDonald was feeling demoralized after a pounding at the hands of the Halifax Mooseheads, he didn't show it.

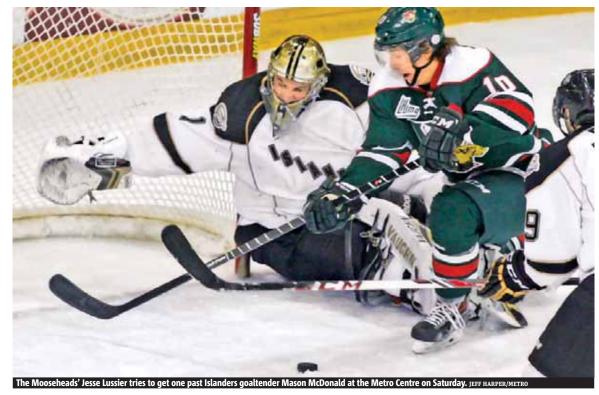
In fact, the lanky, stonefaced Charlottetown Islanders netminder, who faced 100 shots over two straight losses to the Herd, took a positive approach to Saturday's 7-1 defeat in front of a spirited full house at the Metro Centre.

"I don't feel too bad about it," the Halifax native said of his 42-save performance. "I think I battled and competed pretty hard. Now, I just have to keep battling and stay ready for every shot."

Like Friday night, the Islanders made a game of it for the first half of the contest, but they ultimately couldn't keep up with the Mooseheads.

The No. 2-seeded Mooseheads took a 2-0 series lead in their best-of-seven openinground playoff matchup against the 15th-seeded Islanders.

It could have been much worse for the Islanders if not for McDonald. But the Mooseheads finally broke a 1-1 deadlock with just under four minutes left in the middle frame, when Philippe Gadoury scored his second of the night, banking the puck off Charlottetown



defender Guillaume Rioux-Legalt and past a helpless McDonald. Jonathan Drouin would score his second in as many nights 1:42 later, putting the home squad up for good.

The Mooseheads scored four unanswered goals in the final frame.

"I like the action," said Mc-Donald. "My legs are feeling pretty dead right now but I'll have a good night's sleep and be ready Tuesday."

Quoted

"I'm going into those dirty areas because I want to win."

Mooseheads forward Nikolaj Ehlers

Mooseheads rookie forward Nikolaj Ehlers produced another fine performance, scoring once while adding three helpers. As expected, it turned out to be a wild, physical affair between the two bitter rivals. Ehlers was right in the thick of it, driving to the corners and battling for position in front of McDonald all night long.

After the game, he emerged from the Mooseheads dressing room sporting a welt on his lip.

room sporting a welt on his lip.
"It's the playoffs," said
Ehlers. "You don't want to be
a guy who doesn't want to get
hurt. We're a young team and

we all have to get used to playing like this. That's what I'm trying to do."

Drouin led the Mooseheads with a pair of goals and a pair of assists, while Darcy Ashley and Andrew Shewfelt scored the other goals for the Herd. Daniel Sprong responded for the Islanders.

The series now shifts to Charlottetown for Games 3 and 4, on Tuesday and Wednesday.



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Monday, March 24, 2014

Williams clutch as Rainmen win thriller to even semifinal

NBL Canada. Halifax's leading scorer enters record books with 41-point performance on Sunday



ANDREW
RANKIN
andrew rankin@metronews ca

When the game was on the line, Jason Williams came through.

Big time.

The Halifax Rainmen's leading scorer already had a stellar game by the time his squad fought tooth and nail for a single-point lead over the visiting Island Storm with just over two minutes left in regulation time.

But then he found another level, rattling off eight straight points in the clutch, while finishing with a franchise-record 41 points to lead the Rainmen to an inspiring 108-104 comefrom-behind victory over the Storm.

With that, Williams and Co. tied their best-of-seven semifinal playoff series at two games apiece before a charged-up audience of 2,853 at the Metro Centre on Sunday afternoon.

"That's my job for this team," said an exhausted, sweat-covered Williams. "If I have to put the team on my shoulders I welcome that chal-

Quoted

"My teammates gave me the ball, put me in the position to score and I delivered tonight."

Rainmen forward Jason Williams

lenge.'

It didn't look good in the early going for the Rainmen, who in the first quarter looked slow and out of sorts, falling behind by 14 at one point.

But from there, the home squad slowly found its rhythm, and in the end, simply outhustled and outplayed the Storm when it mattered most.

"We've been fighting all year; we will never give up," said Williams. "We wanted to make the last punch in the fourth quarter to win the game. We could hear a lot of fans screaming, and that motivates us. We're happy they came out and hope they keep supporting us so we can keep this ride going."

Rainmen centre Tim Parham rebounded from a subpar performance on Thursday night, with a gutsy effort, grabbing 18 rebounds and collecting 13 points.

It has become an all-out battle of a series. Game 5 on Monday in Charlottetown promises more excitement.

"It's been a great series; both teams have played great on the road, ending up with a win," said Rainmen guard



Clifford Clinkscales, who finished with 10 points and 10

rebounds.

"It's going to be a big game tomorrow, fast turnaround. We just have to go out there and play a full 48 minutes. We're going to leave it all on

the floor"

Once again Nick Okorie led the Storm in scoring with 26 points. But on this night, the visitors couldn't dig deep enough.

"We just fell under the pressure," said Storm centre Steve

layup with 1.6 seconds left

and Iowa State beat North

Vols vault to round of

16. Jarnell Stokes had 17

points and a career-high-

Tennessee denied Mercer

tving 18 rebounds, and

a second straight upset,

Carolina 85-83.

winning 83-63.

Tchiengang, who posted seven points and five rebounds. "They made an impressive run. Credit goes to them. We just have to be prepared for that pressure on Monday and play our game and be under control. We'll be ready."

Sports in pictures



Soccer. Messi muscles Barca over Real Madrid

Lionel Messi scored a hat trick to give Barcelona a 4-3 win at 10-man Real Madrid in an electrifying match that kept the three-way Spanish league title race wide open between the two teams and Atletico Madrid.

THE ASSOCIATED PRESS

PGA. Every finally a winner on tour

Matt Every took advantage of a surprising collapse by Adam Scott and held on for his first PGA Tour win at the Arnold Palmer Invitational on Sunday.

THE ASSOCIATED PRESS

Rugby. Canada places 7th in Tokyo

An injury-hit Canada lost to England and the U.S. on Sunday to finish tied for seventh at the Japan Sevens.

Fiji scored five tries in the final to beat defending champion South Africa 33-26. THE CANADIAN PRESS

Stanford ends Wiggins' run at Kansas



Stanford's Josh Huestis, right, contests a shot from Andrew Wiggins of Kansas on Sunday in St. Louis. THE ASSOCIATED PRESS

Next stop for Andrew Wiggins, the NBA draft lottery.

The Kansas freshman, sensational all season, would just as soon forget what looks to be his college swan song.

"I could have done a lot better, I didn't give my team what they needed," Wiggins said after scoring just four points with four turnovers in the second-seeded Jayhawks' 60-57 loss to No. 10 seed Stanford on Sunday in the third round of the South Regional.

Just a little more from Wiggins, who had averaged 28 points the previous four games, might have been enough to send Kansas to the round of 16. He didn't get involved at all, hitting just one of

Notable results from Sunday

- Shockers run out of power. Andrew Harrison scored 20 points, twin brother Aaron had 19 and Kentucky ended Wichita State's pursuit of a perfect season Sunday in a 78-76 victory.
- Cyclones give Tar Heels the boot. DeAndre Kane drove for the game-winning

"I let a lot of people down," Wiggins said. "If I would have

played better, we wouldn't be

"I blame myself for this."

pects Kansas to be back in this

Jayhawks coach Bill Self ex-

in this situation, you know?

position soon, just not with Wiggins.

"You know, this isn't the worst thing that's going to happen to him in his life," Self said. If it is, he's had a charmed life, there's no question about that.

I'm sad for him that it wasn't our day or his day today." Stanford's front line might have thrown off Wiggins, who

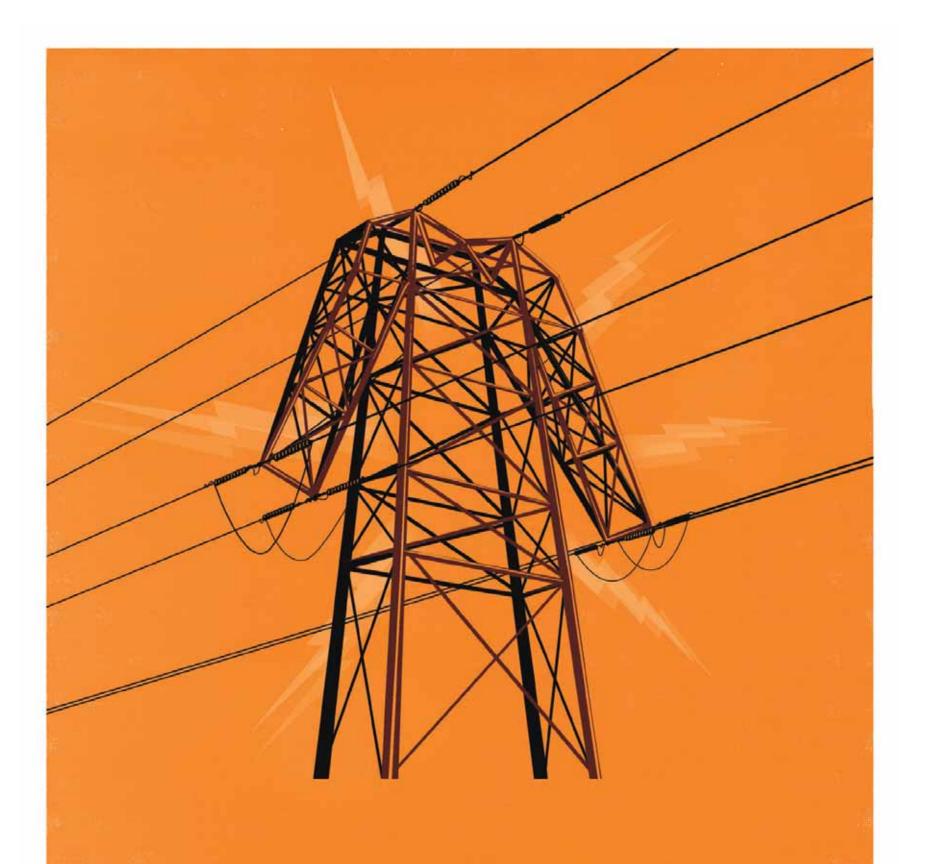
Stanford's front line might have thrown off Wiggins, who again didn't have seven-foot centre Joel Embiid with him because of a stress fracture in his back.

"We don't go against many teams that are bigger than us," Self said. "So they bothered him with length. And I think he had an off-game, too."

Dwight Powell had 15 points and seven rebounds and Stanford wrapped up the upset from the free-throw line.

Stanford will play 11th-seeded Dayton, which beat No. 3 Syracuse 55-53, in the round of 16 in Memphis, Tenn.

THE ASSOCIATED PRESS



Sick of winter static? Get bouce

metr⊕ **SPORTS** metronews.ca Monday, March 24, 2014

Curling. Canadians fall apart in 8th end, settle for silver vs. Swiss at Worlds

Switzerland's Binia Feltscher claimed the Ford Women's World Curling Championship with a 9-5 win over Canada's Rachel Homan on Sunday.

It's the second women's world title for Switzerland in three years.

"I can't speak," Feltscher said. "I don't know, maybe I can say something tomorrow. Today I have no words. No words."

Feltscher's victory follows Mirjam Ott's win in Lethbridge, Alta., in 2012. Feltscher won an Olympic silver medal in 2006 playing third for Ott. Canada led 5-3 after seven

ends, but a devastating eighth cost Homan. The Swiss scored three points on Canadian mistakes and Homan couldn't

More errors in the ninth

Just getting started

unbelievable job today.

Canada skip Rachel Homan

forced Homan into a low per-Harbour Station.

It was a deflating end for Homan, third Emma Miskew, second Alison Kreviazuk and lead Lisa Weagle because their record was 11-1 going into the

"We're obviously disappointed, but we still won a silver medal," Homan said. THE CANADIAN PRESS



move a rock in Saint John, N.B. on Sunday. Andrew Vaughan/The Canadian Press

NBA

Lowry leads Raps' furious 4th quarter

Kyle Lowry scored seven of his 25 points in the game's final minute to lift the Toronto Raptors to a 96-86 victory over the Atlanta Hawks on Sunday. DeMar DeRozan added 21 points, while Jonas Valanciunas finished with 13 points and 13 rebounds, and Greivis Vasquez chipped in with 12 for the Raptors (39-30).

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THE CANADIAN PRESS

NASCAR

Kyle Busch races to title defence

With tires and tempers blowing up all over the track for 400 miles, Kyle Busch relied on his remarkable knack for big finishes at Fontana. Busch won on this 2-mile oval for the second straight year Sunday, holding off Kyle Larson, Tony Stewart and his older brother Kurt on a frantic two-lap sprint to the finish. THE ASSOCIATED PRESS

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"The crowd did an We'll be back for more."

centage angle raise double takeout with her final throw. The Canadian skip missed and gave up a steal of three at



Leafs burned by Devils for fifth straight loss

NHL. Reimer pulled after shaky start as New Jersey keeps playoff hopes alive

Rookie defenceman Jon Merrill set up a second-period breakaway goal by Patrik Elias and scored 32 seconds later to lead the New Jersey Devils to a much-needed 3-2 win over Toronto on Sunday night, sending the struggling Maple Leafs to their fifth straight loss.

Damien Brunner also scored and Cory Schneider

had 21 saves as the Devils gave their slim playoff hopes a boost by winning for the second time in six games.

Tyler Bozak and Phil Kes-

sel scored for the Maple Leafs, who saw embattled goaltender James Reimer give up three

goals on 10 shots in less than 22 minutes of action.

The skid ties Toronto's longest of the season and it could not have come at a worse time with nine games left in the regular season.

New Jersey, which was shut out twice in its recent slide, including a 2-0 loss to the rival Rangers on Saturday night, got three goals in the opening 21:50. Each was the result of a bad play by the Maple Leafs.

Brunner, who had been a healthy scratch the past two games, gave the Devils the lead with his 11th goal of the season. Defenceman Marek Zidlicky started the play with a pass up the ice to Adam Henrique that started an off-man rush. Henrique found Brunner coming down the right side and his shot from the circle went over Reimer's glove.

Maple Leafs coach Randy Carlyle sent Drew MacIntyre out to replace Reimer after the third goal. He had been playing for the AHL's Toronto Marlies this season before being recalled on an emergency basis after top goaltender Jonathan Bernier was sidelined with a groin injury.

THE ASSOCIATED PRESS

NHL. Blues bros. blank Sid, Penguins to earn league-best 23rd road win

David Backes deflected a slap shot by Alexander Steen past Marc-Andre Fleury midway through the third period to lift the St. Louis Blues to a 1-0 victory over the Pittsburgh Penguins on Sunday.

Brian Elliott stopped 33 shots to pick up his fourth shutout of the season as one of the NHL's best defensive teams shut down Sidney Crosby, Evgeni Malkin and company.

Fleury made 26 saves for

the Penguins but watched Backes' deflection carom off his glove and into the net just after a penalty against Malkin expired.

St. Louis bounced back from a one-sided loss at Philadelphia on Saturday to improve the league's best road record to 23-11-3. Pittsburgh's top-ranked power play went 0-for-5 a day after scoring three times in a win over Tampa Bay. THE ASSOCIATED PRESS

NHL. Preds' Rinne earns his 31st shutout as 'Hawks run out of ammo

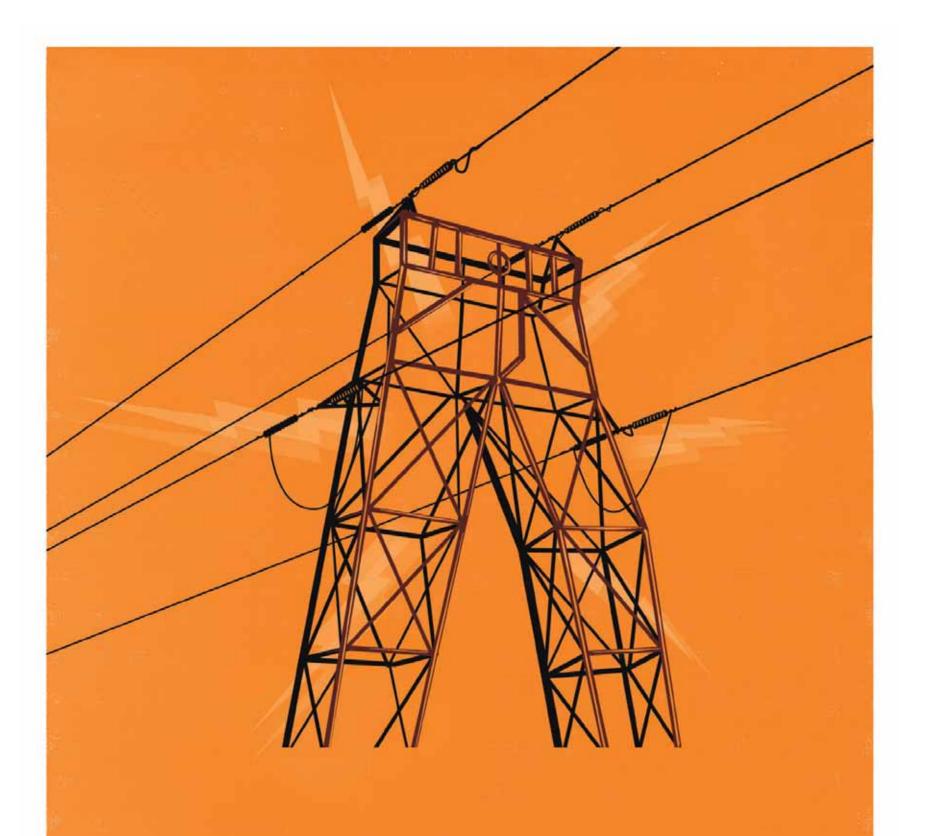
Pekka Rinne made 29 saves for his first shutout in more than a year to lead the Nashville Predators to a 2-0 win over the Chicago Blackhawks on Sunday night.

Mike Fisher and Gabriel Bourque scored for Nashville, which won its second straight and improved to 3-1 against Chicago this season.

The Blackhawks outshot the Predators 29-17 and generated ample chances despite playing their second game without Patrick Kane, the team's leading scorer, when he was injured against St. Louis on Wednesday. The star forward is on injured reserve with a lower-body injury and could miss the rest of the regular season.

The Blackhawks' Corey Crawford made 15 saves.

Rinne was sharp and in his old form in his 31st career shutout, his first since March 12, 2013. THE ASSOCIATED PRESS



Sick of winter static? Get borre

See today's answers at metronews.ca/answers.

↑ Aries

March 21 - April 20

If you need assistance over the next few days, you must ask for it. There is nothing heroic about keeping your pain to yourself. Why suffer when friends and family are ready and willing to help you?

Taurus April 21 - May 21

The omens are good now, so why do you think something bad is about to happen? Realize that if you think like that you increase the chances that it will happen that way.

II Gemini May 22 - June 21

Cosmic activity in the area of your chart that influences friendships means you must not stay at home. Get out and meet people. They certainly want to meet you.

Gancer June 22 - July 23

You'll be able to twist people around your little finger today. Is it right to use your talents in this way? Of course it is. All is fair in love, war and getting ahead in your career.

$\mathbf{\Omega}$ Leo

July 24 - Aug. 23

Don't let anyone restrict your freedoms. You need to let those who would like to take away your right to think and speak for yourself that you are not having it, that you will fight them all the way. And you must mean it.

W Virgo Aug. 24 - Sept. 23

If you let fear get the better of you today, you could miss out on something that would have been a lot of fun — and might even have made you money. You have nothing to be anxious about, so take risks.

📤 Libra

26

Sept. 24 - Oct. 23

Cosmic activity in your opposite sign of Aries is trying to warn that where your feelings are concerned, you could be easily misled. Others may try to manipulate you but don't make it easy for them.

M Scorpio Oct. 24 - Nov. 22

Don't be afraid to take risks on the work front this week. The planets indicate you need to be more adventurous where your methods and routines are concerned. Just be careful you don't overdo it.

プ Sagittarius Nov. 23 - Dec. 21

You will see someone you thought of as a rival in a new light today. They are in fact one of the best friends you've got. Like all best friends, they may sometimes tell you things you don't want to hear.

O Capricorn

Dec. 22 - Jan. 20 Creatively and romantically the sky is the limit this week and with travel plans well starred, be on the move. Don't let duties hold you back. You are entitled time for yourself.

Aquarius Jan. 21 - Feb. 19

Let a friend who is feeling down know you are there for them. Your words could be all it takes to get them smiling. One small act of kindness could have a knock-on effect that transforms their life!

) (Pisces

Feb. 20 - March 20

You will most likely make small gains over the next few days, which are then cancelled out by a number of small losses. Overall you won't be out of pocket, so take the rough with the smooth. SALLY BROMPTON

Crossword: Canada Across and Down

20

23

32 33

40

62

Across

1. American flight watchdog org. 4. "The Voice" coach g. ____I may, I can't..." 14. Whethers 15. Lady Gaga's "The Edae of 16. Hour: French 17. up (Absorb) 18. Kitchener-born trailblazer of hockey

analysis who is a Member of the Order of Canada: 2 wds. 20. Montreal-based carrier, Air

22. Tea type 23. Follower of 'Que' twice, in song 24. "The Graham

Show", on BBC Canada 27. Scot's 'No

28. Paraguay/Brazil border river

30. Singer Clay 32. Anxieties 35. Pierre's 'here'

36. Apartment features, in ads [acronym] 40. Toronto's where-

abouts: 2 wds. 43. Church part 44. Poke fun

45. Boulangerie offering 46. Artwork like the

original, informally 48. Emerald 49. "Oy __!'

52. Looked at

55. Li'l times 58. Food Network Canada show hosted by #19-Down, "Everyday

60. Canadian filmmaker Ivan 62. 'Nova Scotia' is Latin for what?: 2 wds.

65. Fam. member

The Weather HD

©The Weather Network 2014

66. Goodie 67. France: Oise tributary boost 68.

46 47

> 69. Old Roman roads 70. Breaks-not the rules

71. Putrefaction Down

How to play

1. Scrapper's weapons

Fill in the grid, so that every

row, every column and every 3x3 box contains the digits 1-9. There is no math

2. Previously, in ye olden days

42

45

35

84

63

3. Spring vegetable 4. Friends of 'eewws' 5. "Show Your Teeth":

Vancouver singer/ songwriter, Jasper Yip

books (Doit-yourselfer's fave

hockey great

13. Mr. Savard,

Montreal-born

19. Roger __ (Celebrity chef, a Judge on "Chopped Canada") 21. Cat-with-headphones-logo early

BY KELLY ANN BUCHANAN

music site 25. Sky surprise 26. Drummer Mr.

Torres 29. Sports fig. 31. Least unkempt

32. Cool cucum-33. Alphabetic trio 34. 1973 Al Pacino

movie 37. What Quebec's motto 'Je me sou-

viens' means: 2 wds. 38. Optima car maker 39. Old French coin

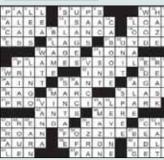
41. Juste pour (Montreal festival)

42. Identify 47. Forces from property

49. Twenty, in Rome 50. Strain 51. "That's awe-

some!"

54. Halifax-born musician Mr. Doherty (b.1940 - d.2007)



Your #1 weather forecast now available in HD.

Check your local listings for details

involved.

6	8	7	9	4	2	1	5	3
1	3	2	8	5	6	4	7	9
9	4	5	3	1	.7	8	2	6
2	1	3	6	7	4	5	9	8
4	5	9	2	8	1	3	6	7
8	7	6	5	3	9	2	4	1
7	2	4	1	6	8	9	3	6
5	8	1.	4	9	3	7	8	2
3	9	8	7.	2	5	6	1	-4

8. Deli bread 9. Soulmate: 2 wds. 10. Fishing rod part 11. "Stairway": Vancouver band, Blonde 12. Sporting facility

65

68

53. Clear 7. "__, _ don't know." (Unsure reply)

56. Ship's load 57. Snob 59. Bygone sovereign 61. Mid-month times 63. Universal ideal 64. Women's __ ('70s movement)

Friday's Sudoku

6	8	7	9	4	2	1	5	3
1	3	2	8	5	6	4	7	9
9	4	5	3	1	.7	8	2	6
2	1	3	6	7	4	5	9	8
4	5	9	2	8	1	3	6	7
8	7	6	5	3	9	2	4	1
7	2	4	1	6	8	9	3	6
5	8	1.	4	9	3	7	8	2
3	9	8	7.	2	5	6	1	4

Today







Tuesday

-2°/-6° Mainly sunny

The power of light is not being scared of the dark.

The IKEA Brighter Lives for Refugees campaign helps bring light to UNHCR refugee camps, making them better and safer for the families who call them home. From February 3rd to March 29th, buy any LED light bulb and the IKEA Foundation will donate \$1 to brighten the lives of those in need.

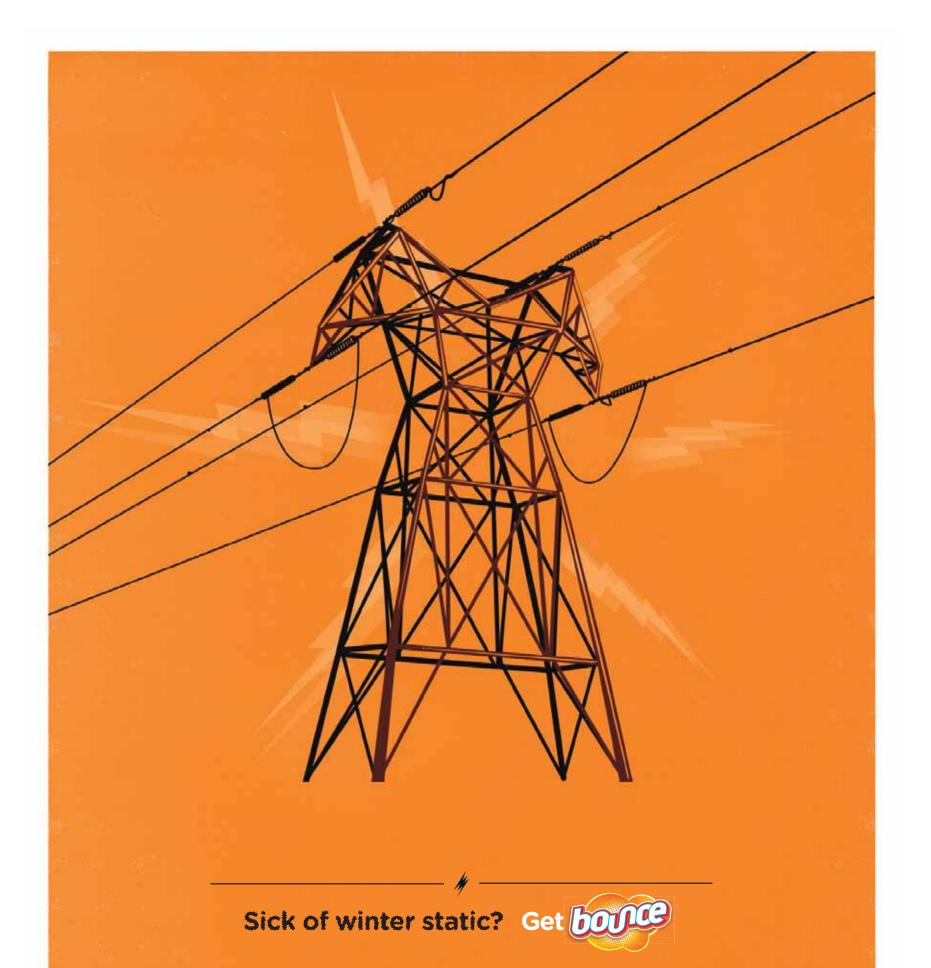
Read more at IKEA.ca/brighterlives







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